

Eat Smart Be Smart

Heart Power

 **Grade Level:** Second **Lesson Time:** 30 minutes

 **Integrated Core Subjects:** Science, Health Enhancement

 **Montana Content Standard:** Science 3: Students, through the inquiry process, demonstrate knowledge of characteristics, structures and function of living things, the process and diversity of life, and how living organisms interact with each other and their environment.

 **Montana Content Standard:** Health Enhancement 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

 **Objectives:** Students will recognize that healthy food choices and physical activity help your heart stay healthy; recognize the relationship between physical activity and a healthy heart; and identify snacks and physical activities that keep the heart healthy.

Lesson/Activity

- For an introduction to this topic and for some fun facts on the heart and cardiovascular system go to <http://yucky.discovery.com/flash/body/pg000131.html>.
- Ask students to tell you anything they know about the heart. Answers include it is a muscle, it pumps blood and oxygen, we can keep it strong by being physically active and eating healthy foods every day.
- Instruct the children to measure their heart rate by taking their pulse. Project the How to Take Your Pulse reference sheet onto the board. Have them record their heart rate in beats per minute in their health journal, and ask them to write the word Pulse by the number. Ask the students to compare their heart rate with a classmate's. Why are some lower or higher? Have them predict if their heart rate will go up or down if they walk fast or jog in place for three minutes. Have them do the activity (walk or jog in place) and take their pulse and determine their heart rate again. Were their predictions accurate?
- As a class, brainstorm a list of activities that they could do to increase their heart rate. Activities may include bike riding, walking, running and jumping rope. Using the Play Every Day for a Healthy Heart work sheet, ask the students to predict the activity that causes their pulse to increase the most and the least. Lead the students in each activity. Have them take note of their observations by checking their heart rate. Discuss the results. Remind them that the exercises that increase their heart rate (pulse) are helping to keep it healthy, and their heart likes to be worked each day.
- Ask the students to name activities that make the heart beat slower (sitting, watching T.V., standing, sleeping, sitting in front of a computer). Explain that sometimes our bodies needs to rest and it is fine for our heart to pump slow, but we want to make sure that we do something every day that makes our heart beat faster - this is what makes our heart powerful (strong). It is recommended that children get at least 60 minutes of physical activity or active play every day.

• Materials Needed

- A copy of the Play Every Day for a Healthy Heart and the Find Your Way to Heart Health work sheets for each student
- A copy of the How to Take Your Pulse teacher reference sheet

6. Ask the students to complete the Find Your Way to Heart Health work sheet.
7. Review the answers with the students. The answers are:
 1. stethoscope, 2. pump, 3. being physically active, 4. sitting, 5. pulse, 6. heart power. Encourage the students to enjoy playing each day to have fun and keep their hearts healthy.
8. To conclude the lesson, ask them to write down the name and draw a picture of a physical activity they can do today to have heart power and keep their heart healthy.



Outcome Goals

- Students will learn how to take their pulse and list two physical activities they can do to keep their heart healthy.
- Students will be able to identify heart healthy snacks.

Extending the Lesson

- Ask the students to tell you another important thing they can do every day to keep their heart healthy. The answer is eating healthy foods.
- Ask the students what eating healthy means. Refresh the students' memories regarding the MyPlate (eating a variety of foods from each food group and choosing low-fat foods or beverages like fat free or 1% milk; choosing whole grains, fruits and vegetables for snacks). Show pictures of these foods and review healthy snacks that the children may bring to school.
- Distribute the Heart Power work sheet, review the directions and ask the students to complete it. (The only foods that shouldn't have a heart by them are: cupcake, French fries, potato chips, soda, cookies, and cake.) Ask the students why those foods are not heart healthy. These are high fat and sugary snacks and should only be eaten every once in awhile and not every day. Remind them we need to eat healthy snacks most of the time and have only high fat/sugary snacks once in awhile.

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Acknowledgments/Adapted From

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